

LINGUICA "SAUSAGE" ROLLS

Linguiça "Sausage"

- 1 TBS. ground flax mixed with 3 TBS water
- 2 cups vital wheat gluten
- 1/2 cup nutritional yeast
- 1/2 cup chickpea flour
- 1 tsp salt
- 2 tsp paprika
- 1 tsp black pepper
- 1 tsp white pepper
- 1/2 tsp cayenne pepper (or a little more if you like spicy!)
- 1/4 tsp ground mace or nutmeg
- 2 tsp dried oregano
- 2-3 cloves minced garlic
- 3 TBS ~~the~~ oil
- 2 TBS Bragg Liquid Aminos
- 1 TBS molasses
- 1 TBS vinegar
- 2 tsp liquid smoke
- 3/4 cup red wine
- 1 cup water

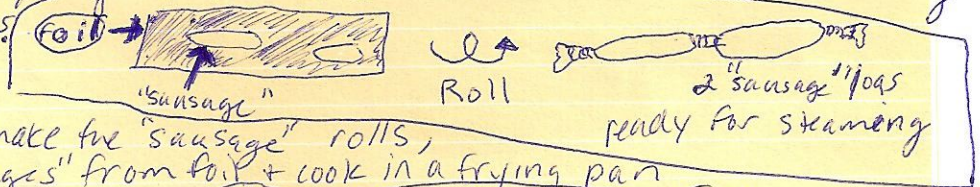
Start out by mixing flax + water in a small tin bowl, & set aside to thicken.

ROLL PART

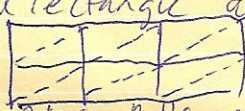
- 2 cups flour
- 1 TBS baking powder
- 1/2 tsp soda
- 1/2 tsp salt
- 1/4 cup margarine
- 1 TBS molasses
- 3/4 cup milk (soy or almond maybe)
- 1 TBS lemon juice
- optional: fennel seed, garlic powder, coarse salt

RECIPE

You can make the "sausage" ahead of time + store in the fridge. In large bowl, combine dry ingredients. Make a well in the center, add garlic, and wet ingredients (including flax mixture). Mix the wet ingredients, slowly incorporating into the dry ingredients, until a dough forms. Shape pieces of dough into approx. 2.5 inch long log shapes, place on foil, roll up the sausage, + tightly twist the ends to seal. Steam ~~or baking~~ for 20 minutes.



When it is time to make the "sausage" rolls, unwrap 12 "sausages" from foil + cook in a frying pan with a little ~~the~~ oil to brown. Preheat oven to 400°. Time to make the biscuit dough. Mix milk + lemon juice in wee bowl + set aside to get weird. In large bowl, mix flour, baking powder, soda, + salt. Cut in margarine, so it looks like cornmeal as they say. Add milk + stir until you get dough. Put dough on floured surface + knead for about 30 seconds. Roll out dough into a rectangle about 1/4" thick. Cut dough into 12 triangles like this:



Roll each sausage up in a triangle of dough. If desired put fennel, garlic, + salt on outside of dough. Place rolls with dough point down on to baking sheet. Bake approximately 12 minutes until starting to get golden brown.

